

CHALLENGES OF PROFESSIONAL ATHLETES



TOP 10 List Of Challenges Of Professional Athletes

Being a professional athlete carries its challenges in many aspect of life. Successful athletes develop specific capacities to handle theses challenges and create benefits for themselves out of it. Faster an athlete is able to deal powerfully with theses, better are his/her chances to appreciate the conditions of his/her new life and better are the chances for success.

1. Handling Pressure for Performance

The need to win quickly creates a vicious circle where the athlete is trapped between his desire to perform and ability to do so. Getting out of this circle is a function the athletes' capacity to observe results without making a judgement on them.

2. Maintaining Level of Motivation

With a full season calendar, it's easy to lose track of the context that keeps us motivated. An athlete must create an efficient structure that recalls his dreams for the sport and the supportive context that comes with it.

3. Dealing Powerfully with Media

Public life never been easy for anyone. Learning to use media at ones advantage can turn the exercise in a fun game. It's almost the only way to survive to the needs for media to know everything about you.

4. Relations with Coaches and Managers

You wish your agent could handle all communications with the Team. But he is not travelling with you nor is he in the locker room. It is difficult to show your best without a place to say all that is going on within you. Sharing any weaknesses can be costly.

5. Enjoy training, practices and game day

When you like a sport, it doesn't make you fall in love with the training it requires. A lot of people work at a job they don't necessarily enjoy. Constructing a pleasant perception for the work you have to put in, gives you an edge when come the time to perform.

6. Travel and family

Travel schedule during season often requires adjustment for the family. You need understanding from your partner and kids but they also need to have their needs met. Transforming time together in quality moments and times away from home in fantastic adventures will provide a whole new and supportive context for all members of the family.

7. Vision of career

Often an athlete let all his career management in the hands of an agent to concentrate on playing. Creating a life plan going way beyond sport career will give you strength to face today's challenges.

8. Relations with team players

On a team of athletes, you expect everyone to do and think their best. When you observe someone who does not maintain this level of performance, doubts start to grow and mistrust takes place. Sharing a problem would show weakness and nobody want's to do it first.

9. Popularity (Fans relations)

Fans going wild and stepping over the line are irritants and a problem to deal with. And caving in is not good for your popularity required to be a star. A strong personal foundation maintains you over all theses details without a battle.

10. Priority management (choices of investment)

A lot of opportunity and requests are coming at you, to a point where it becomes difficult to manage all that and to choose only the good opportunities. Your values and your life plan will help you with that. Make sure those are up to date.

Plan of action to deal with all this : Get a Mental Coach !

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